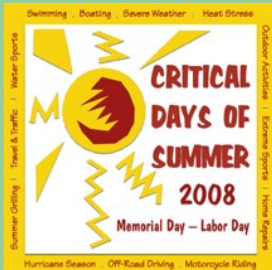


Critical Days of Summer

Recreational Swimming



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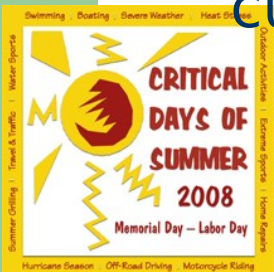
Statistics

- Between FY04 and FY08, a total of 35 Sailors and Marines died in water-related accidents.
- 28 of those who died were at the beach or other outdoor body of water, and 5 were in swimming pools.
- 3 Sailors and Marines died while scuba diving.

Safety Tips – At the Beach



- Make sure a lifeguard is present – the vast majority of drownings occur at locations where lifeguards are not present.
- Swim parallel to the shore and don't go out too far.
- Wear sandals to protect your feet from burns and cuts.

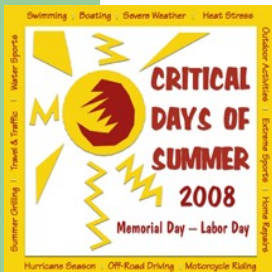


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Safety Tips – At the Beach



- **Wear sunscreen.**
- **Drink plenty of water. Avoid alcohol and caffeine.**
- **Watch for signs of heat stroke.**
- **Wear sunglasses to protect your eyes from UV rays.**



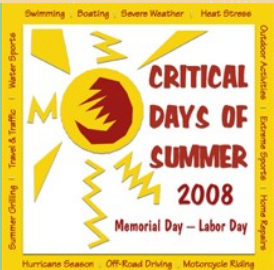
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Beware Of Rip Currents

- If you find yourself caught in a RIP CURRENT, turn and swim PARALLEL to the shore line.

- Once out of the stronger current turn and swim into shore.

- If you attempt to swim against the RIP CURRENT, you will most likely succumb to fatigue and probably drown!

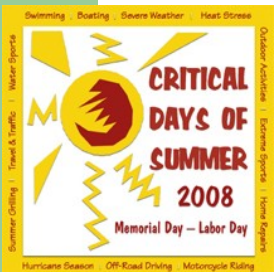


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Safety Tips -

In the Pool

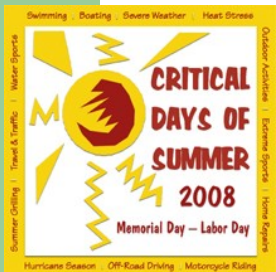
- Try to have a lifeguard or at least another person present. Never swim alone.
- Don't dive head-first into the shallow end.
- Have lifesaving equipment present, such as a pole, rope, or life ring, and know how to use it.
- Wear sunscreen and sunglasses.



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Safety Tips - In the Pool

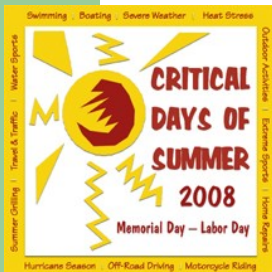
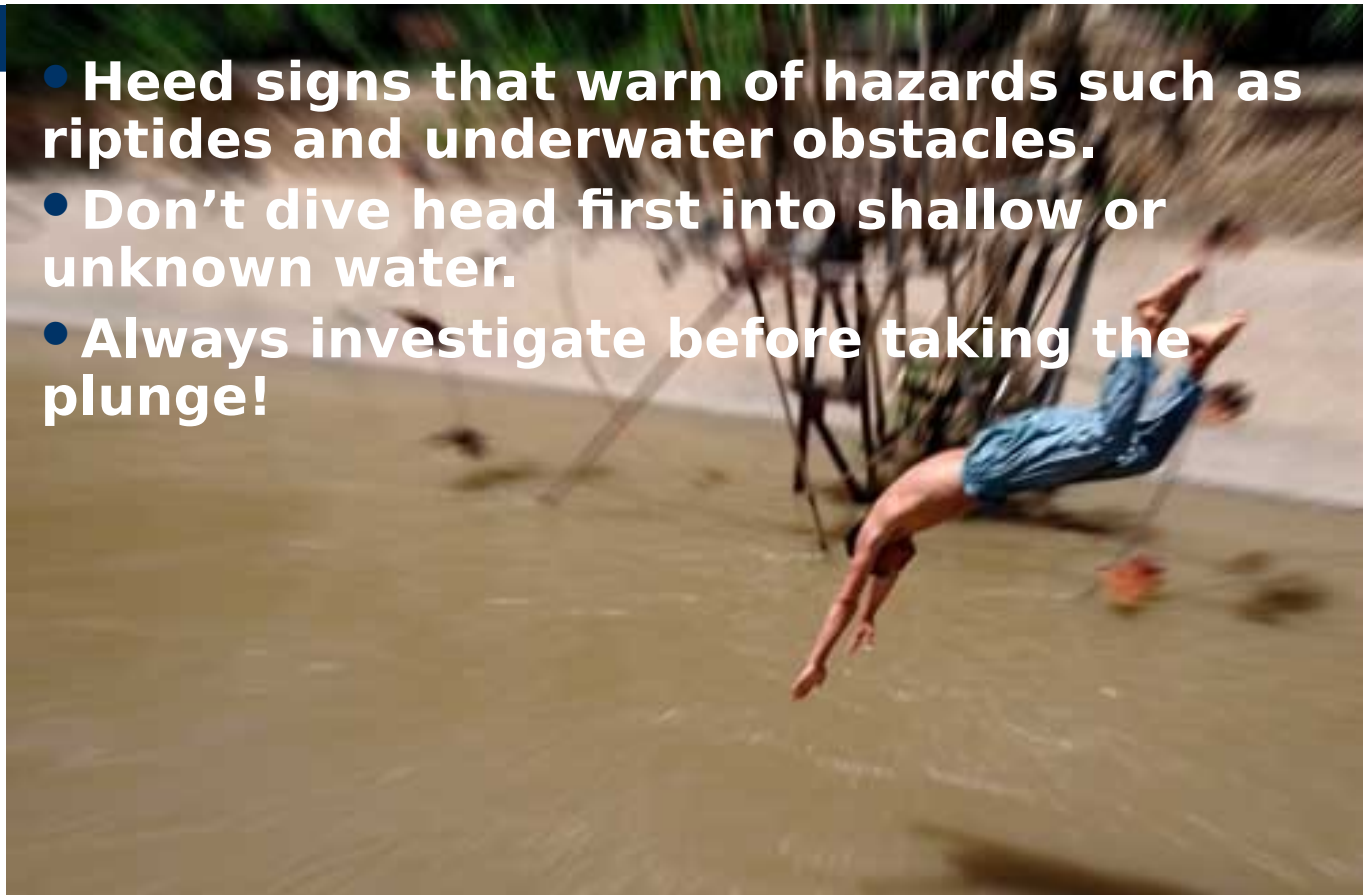
- Learn CPR.
- Never let children swim alone.
- If you have a pool cover, remove it completely before swimming.
- If you hear thunder, get out immediately.
- Don't hyperventilate before submerging. You could lose consciousness and drown.



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Do You Know What You're Getting Yourself Into?

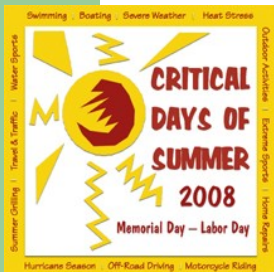
- Heed signs that warn of hazards such as riptides and underwater obstacles.
- Don't dive head first into shallow or unknown water.
- Always investigate before taking the plunge!



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Mishap Summaries

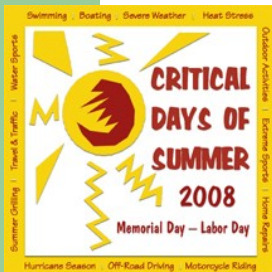
- A P01 drowned while snorkeling with a group of friends.
- Two E-5s lost at sea while kayaking.
- A GYSGT drowned while diving with a friend contributing factor-rough weather high wave action.
- A Marine drowned while swimming. Alcohol was involved.



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Mishap Continued

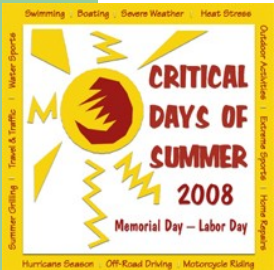
- A Marine drowned while trying to save his Uncle at a Lake.
- A Sailor was found floating in the water near the pier in San Diego.
- An SK2 walked into Lady Lake to retrieve a personal item he never came back.
- A Sailor fell off rocks into a natural swimming area and drowned.



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Suggested Best Practices

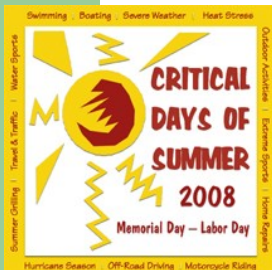
- Always check the weather before going to the beach. You don't want to be caught away from shelter if a thunderstorm approaches quickly.
- Never swim alone. Practice the “Buddy System” and always be aware of what each other is doing.
- Only swim at a location when a lifeguard is present.



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Myth Busters

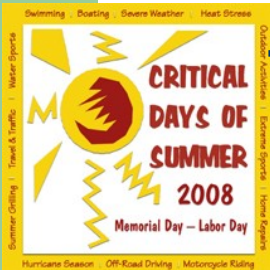
- **Myth:** I'm a strong and experienced swimmer. A riptide is no match for me.
- **Reality:** That cocky attitude has been wiped off the faces of many a “strong swimmer” just before they drowned. Riptides aren't there for the competition. They'll continue to suck you out to sea until you are exhausted and finally give in.



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Myth Busters

- **Myth:** I've never experienced shallow water blackout. Besides, I would feel it coming on and be able to surface before losing consciousness.
- **Reality:** Wrong! It can happen to anyone, and the blackout effect overtakes you so quickly, there is no time to react before becoming incapacitated. If you plan to hyperventilate before submerging, make sure you have a buddy present who knows what you're doing. Otherwise ... well, let's just say it gives a whole new meaning to the phrase "Sleepin' with the fishes."



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A full-page background image showing a diver in a blue wetsuit and mask swimming next to a large dolphin in deep blue water. The dolphin is curved, facing towards the top left of the frame.

**Work, Play, Live
... Safely!**

**If you have to
die to have fun,
you are having
too much fun!**

Questions

Contact the:
Naval Safety Center
<http://www.safetycenter.navy.mil>